



SilverSneakers Classic



Improve strength, flexibility, posture and balance.

Exercise at your own pace with resistance tools including bands, balls and weights.



Class days and time:

Tuesday and Thursday

9:00-10:00 am

Instructor: Edie Trowbridge

silversneakers.com

**Get fit, have fun,
make friends!**

Questions? Ask at the front desk.



STAY YOUNGSM